



SAN JOSE AFTER SCHOOL

Millbrook Area

San José After School is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering afterschool programs, please contact 408-277-4935.

Types of Programs

Level 1: Homework Assistance. Level one sites offer after school homework help at many locations in San José.

Level 2: Safe and Accessible After School Programs. Level two sites offer integrated recreation and literacy and math enrichment programs

Level 3: Integrated and Comprehensive approach After School Programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level	Time
Cadwallader Elementary School	Level 2	2:30-5pm
Foothill Elementary School	Level 3	2:30-6pm
K. R. Smith Elementary School	Level 3	2-6pm
OB Whaley School	Level 3	2:30-6pm
Millbrook Elementary School	Level 2	2:30-5pm
Montgomery Elementary School	Level 2	2:30-5pm

** Schedules and locations subject to change.

Anti-discrimination Policy

It is the City of San José's policy to afford all persons equal opportunity by prohibiting discrimination in City's programs against any person on the basis of race, sex, color, age, religion, sexual orientation, actual or perceived gender identity, disability, ethnicity, or national origin. It is the City's policy/goal to expand opportunities for people with disabilities to participate in City services, programs and facilities.

Moreland-West San José Community Center

1850 Fallbrook Ave., San José 95130

Phone: 408-871-3820

Fax: 408-871-8165

Supervisor: Mary O'Meara

Email: mary.o'meara@sanjoseca.gov

Bus Line: 26

Types of Programs: Fee classes, open gym badminton, special events, wheelchair sports, and youth programs.

ARTS & CRAFTS

Oil Painting for Youth

\$91

Learn how to paint with oil, a great medium that can be so much fun! When classes are over, you will have a great masterpiece that you can show off at home! If you don't already have oil painting supplies, add a supply fee of \$20 to the class fee. **Location:** Moreland-West Rm3

No Class 10/11

Instructor: DeSilva

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.107	M	9/27-11/15	4:30-6pm	11-17	7	MW

DANCE

Wear loose, comfortable active wear or dance outfits, socks, and sneakers, tap shoes, or ballet shoes as needed. Bring a bottle of water to class. No experience required. Parents are welcome to attend the first 15 minutes of the first class, and the class performance on the last day of class only.

Ballet

\$64

Come join the fun! A joyful introduction to ballet for boys and girls. Learn ballet positions, steps and centre work. Ballet shoes are recommended.

Location: Moreland-West Rm2.

No Class 11/11, 11/25

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.205	Th	9/30-12/2	3-3:45pm	3-5	8	MW
294.2.206	W	9/29-12/1	4-4:45pm	6-8	10	MW

Ballet/Tap

\$64

Just the right dance class for you! A joyful introduction to ballet and tap for boys and girls. Learn dance warm-up stretches, ballet positions, and tap routines using basic steps and have lots of fun while developing coordination and a sense of rhythm. Dance props will be utilized for self expression. Black tap shoes, pink ballet slippers (girls) black (boys) and appropriate dance attire is required. **Location:** Moreland-West Rm2.

No Class 11/11, 11/25

Instructor: Bamberger

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.232	Th	9/30-12/2	1:45-2:45pm	4-6	8	MW

DANCE**Country Line Dance \$78**

Come and find out how much fun it is to Line Dance. Lessons are easy and provide great exercise. You don't need a partner or any experience to dance. You will learn classic line dances and popular new ones. Hard-soled shoes work best and be sure to bring a water bottle.

No Class 11/26

Instructor: Muscolo

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.284	T	9/28-11/30	7:30-9pm	18+	10	MW
294.2.285	F	10/1-12/10	11:30am-1pm	18+	10	MW

Fun Time Dancing \$64

Allow your child the opportunity to use their imagination and learn to explore the world of dance through fun games and movements. Through the use of scarves, tambourines and other props they will learn to express themselves through dance. **Location:** Moreland-West Rm2.

No Class 11/11, 11/25

Instructor: Bamberger

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.204	Th	9/30-12/2	12:45-1:30pm	3-5	8	MW

Jazz Dance \$64.

This class teaches the basics of jazz dance including, but not limited to stretching, floor work, technique, combinations, and dance terminology. Black jazz shoes and appropriate dance attire are required. **Location:** Moreland-West MU2

No Class 11/11, 11/25

Instructor: Bamberger

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.207	Th	9/30-12/2	5-6pm	9-12	8	MW

Mommy and Me \$64

"Look at what I can do, Mommy!" Bring your little one and learn fun ways to dance with them. Together you will be learning simple movements to fun children's music and play creative games through fun games and movements using scarves, tambourines, and other props with which they will learn to express themselves. **Location:** Moreland-West Rm2.

No Class 11/11, 11/25

Instructor: Bamberger

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.202	Th	9/30-12/2	11:30am-12:30pm	18-36m	8	MW

Salsa Dance \$72

Salsa is the hottest Latin dance in the nightclubs today. Join this high-energy class, socialize, and have lots of fun. All the basics will be covered: Salsa rhythm, footwork, leading, following, patterns, shine steps, and pattern combinations. Come as a couple or alone; we will change partners periodically. **Location:** Moreland-West Rm2.

No Class 10/11

Instructor: Taghipour

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.238	M	9/27-11/29	7:15-8:15pm	18+	9	MW

EARLY CHILDHOOD RECREATION

Please read the ECR Policy on page 97.

Munchkin Tots \$234

Introduce your child to new friendships, new concepts and lots of new fun! Weekly themes will be explored through various arts and crafts, stories, songs, games, lots of learning activities and age appropriate learning concepts. Child must be completely toilet trained, and able to participate for the whole class time. Parents are an important part of this program and are required to participate and provide snacks in the class at least two times during the session. **Location:** San Tomas Rm1.

No Class 11/2, 11/11, 11/25

Instructors: Galeon/Thornton

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.363	T/Th	9/28-12/7	9-11:30am	3-4	18	ST

Kinderfun-Play Program for Youth with Disabilities \$70

A play program for children with developmental disabilities. The class includes music, games, arts and crafts, movement activities and field trips. Snacks will be provided. **Location:** Moreland-West Room 1

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.811	Sa	9/25-11/13	10am-1pm	4-10	8	MW

Kinder Munchkin \$312

What better way for you to introduce your child to new friends, learning concepts and socialization with their neighborhood peers. Weekly themes will be explored through various arts and crafts, stories, songs, games, lots of learning activities and age appropriate learning concepts. Child must be completely toilet trained, and able to participate for the whole class time. Parents are an important part of this program and are required to participate and provide snacks in the class at least two times during the session. **Location:** San Tomas Rm1.

No Class 10/11, 11/24

Instructors: Galeon/Thornton

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.362	M/W/F	9/27-12/3	9am-12pm	4-5	28	ST

Kinder Tots \$312

This class emphasizes age appropriate activities, which may include crafts, stories, drama, music, and games used to develop socialization skills, hand/eye coordination, and motor skills. Children should have a general understanding of their numbers and letters, so that these skills can be improved, however the emphasis of the class is on fun. Child must be toilet trained. **Location:** Calabazas Rm1.

No Class 10/11, 11/24

Instructor: Howser

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.364	M/W/F	9/27-12/3	9am-12pm	4-5	28	CB
294.2.365	M/W/F	9/27-12/3	1-4pm	4-5	28	CB

Moreland-West SJ Community Center continues on the next page

Visit us on the web at www.sanjoseca.gov/prns or
email us at PRNS@sanjoseca.gov



EARLY CHILDHOOD RECREATION

Tiny Tots

\$234

This class will help your child prepare for preschool and kindergarten. Classes are designed to promote independence, and improve social, cognitive, and movement skills. Activities include crafts, stories, playtime and simple learning concepts. Child must be toilet trained. **Location:** Calabazas Rm1.

No Class 11/11, 11/25

Instructor: Howser

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.366	T/Th	9/28-12/2	9-11:30am	3-4	18	CB

Tot Fun Kids

\$208

What better way for your child to have fun and socialize with other children their age? With various arts and crafts, stories, songs, and games, lots of FUN! Child must be completely potty trained, and able to participate for the whole class time. Child must be 2 years 8 months by the start of the session. Parents are an important part of this program and are required to provide snacks in the class one or two times during the session. **Location:** Moreland-West Rm2.

No Class 11/11, 11/25

Instructor: Helen K.

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.321	T/Th	9/28-12/2	9-11am	2.8-4	18	MW

MUSIC/THEATER ARTS

Piano Keyboard - Level 1

\$77

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony and ear training are taught with the aid of tonally accurate portable keyboards provided by the instructor. Participants will enjoy this individual approach. Access to a piano or keyboard is recommended. A \$7.50 music book fee payable to the instructor, will be collected at the first class. Students must bring their own set of headphones. **Location:** Moreland-West.

No Class 10/11

Instructor: Noteworthy Music

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.401	M	9/27-12/6	3:15-4pm	7-10	10	MW

Piano Keyboard - Level 2

\$67

Course#	Day	Date	Time	Age	Mtg.	Loc.
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294.2.409	M	9/27-12/6	4:05-4:50pm	6-12	10	MW
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294.2.412	M	9/27-12/6	4:55-5:40pm	6-12	10	MW
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Piano Keyboard - Level 2 & 3

\$67

Course#	Day	Date	Time	Age	Mtg.	Loc.
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294.2.413	M	9/27-12/6	5:50-6:35pm	6-13	10	MW
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SPECIALTY CLASSES

Floral Design for the Holidays

\$30.

Come spend a Saturday morning with us as we learn how to create special floral arrangements for the holiday season. Come with some friends, sip some tea, learn some arranging tips and unleash your creativity.

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.105	Sa	11/6	9:30am-12:30pm	16+	1	MW

Holiday Wreath Making

\$30

Pods, cones and other items of nature will be used in creating beautiful wreaths for this holiday season. Don't miss this opportunity to personalize your own wreath for your home or as a gift for someone special.

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.106	Sa	11/13	9:30am-12:30pm	16+	1	MW

Light Flight Model-Airplane Building

\$68

Do you like building and designing things? This class will engage and challenge your mind and hands. You will build and fly free flight model airplanes under the supervision of experts in the field of aerodynamics. There is a \$25 class supply fee payable with registration.

Location: Moreland-West Rm1.

No Class 10/11

Instructor: Young

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.647	M	9/27-11/29	3:30-6pm	10+	9	MW

SPORTS & FITNESS

Badminton

\$64

Learn the fastest racquet sport! Basic fundamentals, techniques and skills of Badminton for all ages starting at age 6. Classes will be for beginners, intermediate and advanced students. Participants should wear proper attire: t-shirt, shorts, or warm-up pants and appropriate court shoes. Participants must bring their own badminton racquet, new birdies and a full water bottle to each class. **Location:** Moreland-West

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.512	Sa	10/2-11/20	4-5pm	6-10	8	MW

294.2.513	Sa	10/2-11/20	5-6pm	11-17	8	MW
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Munchkin Floor Gymnastics

\$80

Does your preschooler love to tumble and roll? Beginning floor gymnastics is just the class for them. They will learn beginning basic floor gymnastics skills through movement and balance using a variety of class props and equipment. **Location:** Moreland-West.

Instructor: Ballard

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.553	T	9/28-11/16	2:30-3:15pm	3-5	8	MW

294.2.554	F	10/1-11/19	9:30-10:15am	3-5	8	MW
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Our Mission: To support the livability of neighborhoods, offer opportunities for individuals to enjoy life, and strengthen communities of people.

Tennis**\$73**

Introduction to basic strokes, including forehand, backhand, overhead serve, lob, volley, as well as racquet size purchase guidelines, court etiquette and score keeping. Doubles and singles strategies will be taught. Wear court sneakers. Students provide their own racquet and one unopened can of tennis balls. **Location:** Murdock Park

Instructor: Staff

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.517	Sa	10/2-11/20	9-10am	5-7	8	MRC
294.2.518	Sa	10/2-11/20	10-11am	8-12	8	MRC

Kung Fu - Martial Arts for Coed Youth**\$65**

The goal of this class is to promote good health, build confidence, character, and remove the fear of confrontation. It will also enable you to reach a higher mental and physical balance. **Location:** Moreland-West.

Instructor: Elie

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.590	Sa	10/2-11/20	9:30-10:30am	6-13	8	MW

Martial Arts**\$74**

The class teaches basic self defense moves: punching, kicking and striking. A terrific way to develop physical fitness and discipline. This class is a great activity for a parent and child or entire family to do together. Fee is per person enrolled with at least one parent and one child registered. You may enroll additional children in the Parent/Child class. **Location:** Moreland-West.

Instructor: Martinez

Course#	Day	Date	Time	Age	Mtg.	Loc.
Beginner						
294.2.741	W	9/29-11/17	3:30-4:30pm	6-13	8	MW
Intermediate						
294.2.742	W	9/29-11/17	4:35-5:35pm	6+	8	MW
Parent-Child						
294.2.743	W	9/29-11/17	5:40-6:40pm	6+	8	MW

Sabre/Fencing**\$100**

EN GARDE! Learn the fun of the exciting sport of fencing! All fencing equipment provided (you purchase nothing!) The fencing program returns to Moreland, even better than before! These on-going new class sessions will introduce you to one of the oldest Olympic sports in the world. Whether you are parent or child, learn the fundamentals of sabre fencing, footwork, bladework, offensive and defensive maneuvers, and get a great athletic workout at the same time. All equipment is included in the class price – no additional fees! You need only bring a water bottle, athletic clothing, non-skid athletic shoes, and the motivation to cross blades with your buddies (or your family). Father/son or mother/daughter sign-ups welcome. All instructors professionally trained and certified. Are you ready? FENCE! **Location:** Moreland-West Rm1.

Instructor: Carauddo

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.587	Sa	10/2-11/20	6-7pm	8-14	8	MW

SPORTS LEAGUE**Coed Flag Football League****\$48**

A win-win flag football league with emphasis on participation, fundamental skills, teamwork and sportsmanship in a pressure free environment. **Flag football CLINIC:** Saturday, October 2, 2004. Game times will vary and schedules will be passed out at the clinic. **Location:** Starbird Park

Course#	Day	Date	Time	Age	Mtg.	Loc.
294.2.956	Sa	10/2-11/20	9:30-10:30am	5-6	8	SP
294.2.978	Sa	10/2-11/20	10:45-11:45am	7-8	8	SP
294.2.912	Sa	10/2-11/20	12-1pm	9-12	8	SP

COMMUNITY NIGHTS

In the Moreland-West Gymnasium.

Pick up monthly drop in schedule at Moreland-West San José Community Center

Drop in Badminton

Saturday Evenings • Fee: \$3.00

Session I - 6:30-8pm • Session II - 8:30-10pm

No Spectators

Drop in Flight

Monday Evenings • Fee: \$3.00

Session I - 6:30-8pm • Session II - 5:30-7pm

Friday Night Open Gym for Youth**6-9pm**

The Moreland-West San José Community Center offers a free open gym program for youth. Come join friends (and make new ones) for fun games on Friday nights. Activities can include basketball, board games, and a social area. **Location:** Moreland-West Gym. Middle School/High School students welcome (School I.D. required)

ADULT SPORTS**Kung Fu - for Individuals with Disabilities****\$65**

This class is designed for persons with developmental disabilities and their non-disabled siblings and friends. The goal of the program is to promote good health, build confidence, character, and promote inclusion. **Location:** Moreland-West Rm2.

Instructor: Elie

Course #	Day	Date	Time	Age	Mtg.	Loc.
294.2.890	Sat	9/25-11/13	4-5pm	16+	8	MW

Moreland-West SJ Community Center continues on the next page

ADOPT-A-PARK

Looking for a way to participate in your community?
Adopt a park or trail. Call 408-277-4477



Middle School Dance!

Open to Castro, Rogers, & Miller Middle School students

Date: Friday, October 15, 2004

Time: 6:30pm-9pm

Price: \$5

Location: Moreland-West Community Center Gym

Snack will be sold at the Dance.

Must show a valid 2003-2004 Student ID Card!

SPECIAL EVENT

Breakfast with Santa

Saturday, December 11, 2004 • 9:30-11:30am

Moreland-West San Jose Community Center

Join us with a Holiday Celebration which includes a Pancake Breakfast, face painting, arts and crafts and a visit with Santa.

Course#	Age	Cost
294.2.604	10+	\$8.00
294.2.605	2-9	\$5.00



City Holidays

The following dates are City Holidays.
Most facilities will be closed and no programs held on the following dates:

September 6 - Labor Day ☐

October 11 - Columbus Day ☐

November 25 & 26 - Thanksgiving ☐

December 24 & 25 - Christmas ☐

December 31 - New Years Eve

For information on holiday closures for a specific program or facility, please call your local PRNS facility.

Do you have a talent, hobby, or special skill to share with others?

Turn that skill into cash by becoming a class instructor. Apply on-line at

jobs.cityofsj.org

or call (408) 979-7829 for more information.

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Moreland Area

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Level 3: Integrated and Comprehensive approach After School Programs. Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level	Time
Baker Elementary School	Level 2	2:30-5pm
Calabazas Branch Library	Level 1	*
Castro Middle School	Level 1	*
Country Lane School	Level 1	*
De Vargas Elementary School	Level 1	*
Dilworth Elementary School	Level 1	*
Easterbrook Elementary School	Level 1	*
Forest Hill Elementary School	Level 1	*
Joaquin Miller Middle School	Level 1	*
John Muir Elementary School	Level 1	*
Latimer Elementary School	Level 2	2:30-5:30pm
Lynbrook High School	Level 1	*
Meyerholz Elementary School	Level 1	*
Prospect High School	Level 1	*
Rogers Middle School	Level 1	*
Rolling Hills Middle School	Level 1	*
Villa Garcia Apartments	Level 1	*
Westmont High School	Level 1	*

* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).

Olinder Neighborhood Center

848 East William Street, San José, 95116

Phone: 408-277-5189

Supervisor: Paul Pereira

Email: paul.pereira@sanjoseca.gov

Types of Program: Elementary, rental, brown bag, food program

The Olinder Neighborhood Center offers programming in partnership with several non-profit organizations and neighborhood based groups from our community. Schedules of current programming can be obtained by visiting the center.

FACES Program

Did you know that many common household chemicals can be the source of rashes and other reactions among newborns? The Silicon Valley Toxics Coalition, in collaboration with the Olinder Neighborhood Center, offers eight week courses on environmental awareness that are free to the community. It's primary goal is to help residents understand the dangers of every day chemicals in and around their home, and help parents identify and keep those chemicals away from young children. Classes are conducted in English and Spanish. Contact the Olinder Neighborhood Center to enroll.

MACSA Latch Key Program

The Mexican American Community Services Agency partners with the City of San José and Olinder Elementary School to offer a safe place for elementary aged youth to go to for after school supervision through 6:00 PM. Literacy, education, and nutrition are the focus of this program. Youth are accepted on a first come, first serve basis. To enroll, contact Eva Chavez at the Olinder Neighborhood Center.

Olinder Brown Bag Program

Olinder Neighborhood volunteers, in cooperation with the Second Harvest Food Bank, offer nutritional assistance to area seniors through the weekly brow bag program. Food distribution for program participants is offered weekly for qualifying seniors who meet the age and income requirements. For additional information or to volunteer for this program, contact the Olinder Neighborhood Center.

Olinder Food Program

The Olinder Neighborhood Brown Bag program is an award winning neighborhood program run entirely by volunteers and dedicated to maintaining a health community through access to nutrition. Twice each week, volunteers work with local supermarkets to redistribute an average of \$2,500 in damaged store goods to families in the neighborhood. Contact the Olinder Neighborhood Center for additional information.

Olinder Neighborhood Center continues on the next page